



AHEPA

Yankee District News

Publication of District #7 (Connecticut, Rhode Island, and Western Massachusetts)

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Number 4

Winter 2007



Message from the Order of AHEPA District Governor

I hope my message finds all of you and your families well. In September I attended the Governor's Conference in Atlanta, GA. The Governors usually convene in Washington D.C. but being that AHEPA is celebrating its 85th anniversary it was thought more fitting to gather at the birthplace of AHEPA. We had a good exchange of ideas and concerns and a great celebration of AHEPA's 85th birthday.

During the Governor's Conference I had an opportunity to discuss issues with the new Supreme President, Ike Gulas. The Supreme President is asking every District to raise a minimum of \$10,000 for the fire victims in Greece. I urge every chapter to solicit donations, hold events and fund-raisers to achieve the Supreme Presidents directive.

This is a humanitarian effort; it needs and it should transcend the boundaries of race, color, ethnicity and religion. This is about kindness and philanthropy, the very essence of civility and humanity. You should ask everyone, friends and local businesses, of any background to donate. There are many kind people that would donate with a warm loving heart to ease the suffering caused by the fires. The fire turned the victims to homeless people in an instant. They woke up in their homes in the morning unaware that they will be homeless by night. Many, not only they lost their homes but also their means of making a living, since their livestock and fields were consumed by fire.

Also, I ask you to take a good look within your communities to identify prospective new members. I would like to have about 130 new members this year.

October was a busy month. We held a lodge meeting jointly with the DoP lodge. Our aim is to work together and synergistically to promote Hellenism, AHEPA and to increase membership. We discussed ways of attracting new members and specifically scholarship recipients and applicants.

In addition, October was the month of our District conference and scholarship awards in New Britain. Both functions were well attended though I would have liked to see better chapter participation. I want to thank our Lt. Governor for chairing the scholarship committee and all the committee members for their efforts in evaluating the applications. I also want to thank the New Britain chapter for hosting the conference and the scholarship awards.

The last week of October found me at our Waterbury chapter #48 where we honored Rick Pecka, Supreme President of the Sons of Pericles. Rick is the son of Dick and Penny Pecka. Both parents are members of their respective AHEPA family organization. Also, in attendance was Suzan Bysiewicz, the CT Secretary of State and AHEPA Supreme Secretary Dr. John Grossomanides. Rick, we are proud of you. We wish you great success.

In the next few weeks I will be contacting chapter presidents in order to arrange for a visit. I plan to visit every chapter before the District Conference.

The holiday season is upon us; soon we will be celebrating Thanksgiving and few weeks later Christmas. Happy holidays to all you. Peace on earth and unto your hearts.

Fraternally,
Kip Kyprianou

Message from the Daughters of Penelope District Governor

Dear Sisters,
As we enter into the holiday season, I wish you a wonderful Happy Thanksgiving, Merry Christmas and a Happy Healthy New Year.

Thank you **New Britain** Ahepa and Daughters chapters for hosting the **Fall Conference**. Thank you to the **Scholarship Selection Committee** for all your hard work. Thank you Sister **Helen Santire**, **Grand Governor Zone III**, for coming all the way from Houston to our Fall Conference, bringing the sun and warm temperatures along with her warm smile. Thank you to Sister Loukia and Brother Tony for hosting Sister Helen at their home. Thank you also to Sisters Loukia and Donna for joining me in visiting with Sister Helen during her visit.

Congratulations to **Priam Chapter #76, Meriden** for the most paid up (91%) members for 2007 and to **Ares Chapter #49 Newport** for the most attendees at the Tri-District convention. **Danielson, Chapter #368** we miss you. Hope to see you at the Spring Conference.

DUES for 2007 should be paid and received at National by December 31. Paid dues help the district: \$2.00 pro rata is returned to the District for each paid member. Speaking of Dues, **National dues** will be increasing to **\$27.00** effective January 1, 2008 as voted at the National Convention. In addition National has the "**Plant an Olive Tree**" for \$15 a tree to help the fire victims of Greece. See your chapter president for further information.



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2007—2008**

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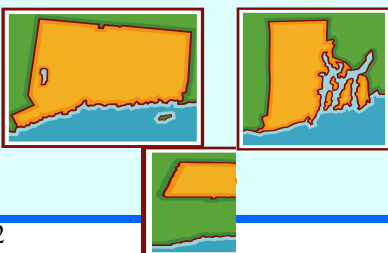
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Steve Jennings



Last month I visited the **Bridgeport** chapter as a guest to their annual Spaghetti Luncheon and chatted with many of the sisters. In addition I attended the Luncheon at **Waterbury** in honor of **Rick Pecka, Supreme President of the Sons of Pericles**. His very proud parents are **Dick and Penny Pecka**. All monies collected for the luncheon were for the benefit of the fire victims of Greece.

Sister **Loukia** and I attended the NERC meeting to discuss the **Tri District Convention**. Thank you to **Brother George** and his lovely wife and assistant, **Sister Ellen Anagnostos** for all their time and energy in planning and keeping all the paperwork straight. Each of the Lodges benefited by \$450; the Lodges could have benefited more had there been more attendees.

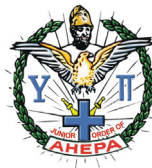
Mark your Calendar: Salute to Women, March 8th Washington.
Yours in Theta Pi,

Helene

Helene Aliferis Moran
District Governor

**Feature Profile Rick Pecka
Supreme President
Sons of Pericles**

Congratulations!!! to Rick Pecka, Jr. son of Richard and Penny Pecka of Waterbury, CT. Rick has been elected to the highest office in the Junior Order of the American Hellenic Educational Progressive Association.



Brother Rick was born in Waterbury, CT and he attended the Holy Trinity Greek Church in Waterbury. He is an only child and currently resides in Milford, CT. Following his graduation from John F. Kennedy High School in Waterbury in 1998 he attended and graduated from Skidmore College in Saratoga Springs, NY in 2002 with a Bachelor of Art degree in English.

Rick went on to complete a Masters of Business Administration at the University of New Haven graduating in 2004. He is currently employed as a Assistant Product Manager, for BIC USA, Inc. in Milford, CT.

Rick was initiated into the Sons of Pericles Phocion Chapter #44 in 2000 in Albany, NY. In 2002, he reactivated the Waterbury Sons of Pericles Chapter #61

Upcoming Events

**AHEPA
District #7 Spring Conference
April 12, 2008**
Norwich Sr. Citizen Elderly Housing
Norwich, CT

**AHEPA Yankee #7
District Convention
May 31-June 1, 2008**
New Britain, CT

**AHEPA
Supreme Convention 2008
July 1-7, 2008**
Athens, Greece

and has joint membership in the AHEPA Chapter #48 Waterbury, CT.

He has been extremely active in Sons of Pericles serving in a number of offices prior to being elected as Supreme President in Denver. Rick has been elected to the following Supreme, District, and Chapter offices: Supreme Vice President, Supreme Secretary, Supreme Governor, and Chapter President with in the organization. We wish him the best, AX-IOS!!!

**DAUGHTERS Chapter #198
Thoas
Hartford**

The Sisters of Thoas #198 would like to thank Sister Helene Moran, PDG for transferring her membership to their chapter; so that she could be President last year. Thank you so very much Helene for all that you did to keep our Chapter going. We need Officers.....anyone interested in holding an office please see new President Loukia Kazakos, PDG.

We have planned an exciting year for our Chapter from speakers on medications and Estate Planning, to a Holiday Party and Blood Drive. Back to the Ahepa Home-we are holding our meetings back at the Ahepa Housing-See you all soon!

Sons of Pericles Solon Chapter #61 Waterbury, CT

Congratulations to the newly elected officers for Sons of Pericles Solon #61: Spiro Nicolopoulos (President), John Ververis (Vice President), Manolis Sfinarolakis (Secretary) and George Karolidis (Treasurer). Members of the Waterbury Sons of Pericles were in attendance at the Pantazis concert at Foxwoods on September 29th to raise funds for the recent Fire Crisis in Greece. Chapter Secretary Manolis Sfinarolakis was accompanied by Supreme President Rick Pecka of Waterbury and Supreme Vice President Demetrios Vidalis of Boston in promoting awareness at the venue and accepting donations.

The Waterbury Sons of Pericles held a successful breakfast on Sunday, October 7th at Holy Trinity Greek Orthodox Church. The event was spearheaded by Chapter President Spiro Nicolopoulos, and was extremely well attended. Proceeds from the fundraiser are going directly to the AHEPA's Fire Relief efforts for the August wildfires that ravaged Greece. The Chapter extends their sincerest gratitude to the Holy Trinity Community for their support.

For more information, please e-mail Spiro Nicolopoulos at spiro.n@gmail.com.

AHEPA Chapter #48 Waterbury

The chapter held a very successful Community Salute to Rick Pecka the newly elected Supreme President of the Sons of Pericles at the Holy Trinity Greek Church on Sunday, October 28, 2007. The proceeds from this program were donated to the victims of the Greek Fires. Master of Ceremonies Socrates Mihalakos presented several dignitaries: Connecticut Secretary of State Susan By-siewicz presented Rick a State of Connecticut Commendation. Honorable Mayor Michael Jarjura of Waterbury present a Citation from the City of Waterbury.

Supreme Secretary Dr. John Grossomanides read statements from Supreme President Ike Gulas and also provided the Keynote remarks. District Governor

Kip Kyprianou presented remarks from District #7 and PDG George Rados provided comments as the District #7 Sons of Pericles Advisor. Over 150 turned out for the celebration to honor Waterbury's first Supreme President of the Sons of Pericles.

AHEPA Chapter #58 Nathan Hale Hartford

The Nathan Hale Chapter sponsored its Annual Golf Tournament on September 29, 2007. The golf outing was a huge success and saw the chapter raise over \$4,000. The proceeds from this event were used to defray some of the expenses for Father Chrysostom Maniudakis, who recently passed away. Father Chris served as the priest at St. George Cathedral for over ten years. The Golf Tournament was chaired by Brother Andreas Kapitanopoulos and he was assisted by Brothers Paul Matsikas and Jerry Pangakis.

The Second Annual Chapter #58 Blood Drive is scheduled for December 27, at the St. George Cathedral in Hartford. Last year over 50 people came to donate their blood. We are hoping for more this year.

The new addition to the AHEPA Nathan Hale Senior Citizen Housing will be ready for occupancy by the end of the year. Dedication will take place in the spring. Many thanks go to Brothers Arthur Poly and Andreas Kapitanopoulos whose vision and guidance have seen the project to completion.

AHEPA Chapter #99 Harry A. Fanos Stamford

The chapter held a fundraiser to support the victims of the Greek Forest Fires. On November 3, 2007 at the Church of the Archangels the Stamford #99 sponsored "the Complete Julie" with Julie Ziavras, Steve Margoshes, and Ken DeAngelis. For those unfamiliar with Ms. Ziavras she performs both Greek and Broadway songs ranging from opera to

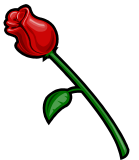
contemporary music. She has been recognized by reviewers as one of the most fantastic voices from the Greek Community. She is a classically trained soprano and along with her husband Ken DeAngelis has performed in front of audiences across the nation.

AHEPA Chapter #110 Rose of New England Norwich

The chapter has had a busy fall. The Pick up truck Raffle Drawing was held on Saturday September 15, 2007 at our AHEPA Senior housing project, a total of 2970 tickets were sold of a possible 3000. A special thanks to Tony Petros, Sot Daniska, Joe Hominski, and George Grossomanides for their outstanding efforts in selling these tickets. The winner of the truck was Georgia Bekaris of Norwich, CT.

The chapter also sponsored a Thanksgiving Dinner for all the Senior Citizen Housing Residents on Monday, November 12 over 100 seniors were treated to a wonderful Turkey Dinner with all the fixings.

At our October meeting we had a guest lecture on "You and Your Medications" presented by John Grossomanides. In December at our monthly meeting on Dec. 17th, we will host a lecture by Brother Peter Patsouris on the History of Greece Part 3. All chapters are invited to Norwich to join us at our AHEPA Senior Citizen Housing Project. Pot Luck Dinner begins at 6:30 P.M. and Presentation at 7:00 P.M.



AHEPA Chapter #62 Bridgeport

The Chapter continues to hold its meetings on the third Wednesday of each month at the Holy Trinity Greek Church. We look forward to the visit from the District Lodge. Officers for the year will be the same for 2007-2008.



Daughters District Governor Helene Moran present a scholarship to parents Anna and Niko Michael



October 21st Scholarship Awards Luncheon and Fall District Conference, New Britain, CT



AHEPA Lt. Governor Nick Nikas Presents the 2007 Angelo Pappas Scholarship to Steven Zerbini



John Grossomanides presents Fotini Litos a District #7 Scholarship



Stamford #99 Chapter vice president and photographer Brother Dimitrios Vasquez with friend during intermission.



Stamford #99 Brother Arthur Kiratsous manning the CD sales desk at the concert



Officials at the JFK: Congresswoman Carolyn Maloney, Supreme Vice-President Nick Karacostas, Supreme Secretary John Grossomanides, and Supreme Governor Louis Arvanitis.



AHEPANS at Olympic Airways Cargo area begin shipments of supplies to Greek Fire Victims. L-R: Supreme Governor Louis Arvanitis, Supreme Vice-President Nick Karacostas, Supreme Secretary John Grossomanides, and PDG John G. Grossomanides

A Community Salute to Rick Pecka Sunday, October 28, 2007 Waterbury, CT



Dick and Penny Pecka, CT Sec. of State Susan Bysiewicz and Rick Pecka

Proud Parents: Dad-Dick, Rick, and Mom-Penny Pecka



L-R: Rev. Steven Natsis, CT Sec. of State Susan Bysiewicz, Supreme President SOP Rick Pecka, Supreme Secretary John Grossomanides, District #7 Governor Kip Kyprianou, and District #7 Sons Advisor George Rados, PDG



Supreme Sons President Rick Pecka and Papou Konstantine Koutroumanis, Orange, CT



L-R: Dist. Treasurer John G. Grossomanides, PDG George Rados, AHEPA District Governor Kip Kyprianou, Supreme Sec. John Grossomanides, Supreme President Sons of Pericles Rick Pecka, Penny Pecka, Dick Pecka, Daughters of Penelope District Governor Helene Moran, PDG DOP Lukia Kazakos, PDG DOP Donna Rados, and Rev. Steven P. Natsis

2007 District #7 Scholarships Recipients

		<u>Angelo and Mary Pappas Scholarships</u>	
Ryan C. Bossis	Danbury AHEPA	Cornell University	Agriculture and Life Sciences
Timothy R. Daniska	Norwich AHEPA	University of Vermont	Pre-Med
Elizabeth A. Haveles	Providence AHEPA	Providence College	Elementary Education
George P. Tinios	Waterbury DOP	Rensselaer Polytechnic Inst.	Computer Engineering
Steven Zerbini	Hartford DOP	Wheaton College	Undecided
		<u>Dino Macricostas Scholarships</u>	
Christina T. Kostaras	Danielson AHEPA	Wheaton College	Undecided
Peter J. Smith	Hartford AHEPA	Boston College	Philosophy
Alexander P. Tinios	Waterbury DOP	Massachusetts Coll. of Pharmacy	Pharmacy
Laura C. Vican	Providence AHEPA	Barnard College	Undecided
		<u>Peter E. Mitchell Memorial Scholarship</u>	
Michael C. Papachristos	Bridgeport AHEPA	Univ. of Connecticut	Civil Engineering
		<u>District 7 Scholarships</u>	
Fotini Litos	New Britain AHEPA	Adelphi University	Nursing
Dane Loree	Norwich AHEPA	Merrimack College	Business Administration
Ellen Michael	Waterbury AHEPA	Univ. of Massachusetts	Undecided
Gregory C. Papachristos	Bridgeport AHEPA	Villanova University	Undecided
Evangeline A. Ververis	Waterbury AHEPA	Univ. of Connecticut	Psychology
Alex K. Voukounas	Danielson AHEPA	Eastern Connecticut State Univ.	Undecided

AHEPA Chapter #117 Elpis New Britain

A group of 12 middle school teachers from Farmington, New Britain and Newington, CT., traveled with Brother George Rados to Greece on July 28, 2007. They arrived in Athens and took the first connecting plane to Thessaloniki. The next day they went sightseeing around the city, lunch at a tavern by the sea, and dinner at Panorama, with overview of the city and bay, as the sun set. The following morning everyone visited Pella, Aegea (Vergina), Edessa with its waterfalls and sister City to New Britain. In Yianitsa, the Mayor rolled out the red carpet, guiding the group through the city, the City Hall, historical points, and offered a dinner at the picturesque Philippion Hill Park.

Next, the group visited Amphipolis (Peloponnesian war remains) by river Strymon and then to Philippi (battleground of Octavian/Mark Anthony vs. Brutus/Cassius) and ended-up at Kavala (Neapolis) where Apostle Paul first landed in Greece during his second journey. A tour of the city followed. Kavala is also the birthplace of Muhammad (Kara) Ali, the founder of the Egyptian royal line after the Ottomans and adoptive father of Imbrahim Pasha. We visited his statue and had dinner at the

Sailing Club at the port.

Next we visited the Kassandra peninsula in Halkidiki and the group had time to swim and dine at the Village of Sani. The following day we went to Delfi, via Dion, Platamon, Tempi, Thermopylae, Gravia and the area museum. The following day the group traveled via Thivae to Athens then to Korinth, Nemea, Dervenakia, Micynae, Tyrins, Naflion, Epidaurus. The group traveled to Marathon and Sounion, for swimming and dinner, later they watched a beautiful sunset from the temple of Posidonas.

Returning to Athens, a tour took place, visiting the Akropolis, Plaka, Monastiraki, Parliament, Olympic Stadium, Syntagma. Dinner was at a tavern in Plaka. The following two days the group had free time for shopping and relaxation.

Some comments from the group include: Mr./Mrs. Donlon "We were elated! The whole trip was a wonderful experience to both of us! We are sure to recommend this to others and talk at class to the children about Greece!"

Mr./Mrs. Kaplan stated: "We loved every bit of it! The children in our classes are to be more educated by our experience! Thanks to AHEPA of New Britain for introducing this to us and to our wonderful historian guide!" The next group trip will take place next

June. Contact Brother George Rados for further info.

DOP DISTRICT LODGE RAFFLE

The Daughters of Penelope, District Lodge is selling tickets for their annual Raffle. The cost of each ticket is \$10.00 with a maximum of 350 tickets to be sold. Each month a \$75.00 and \$25.00 winning ticket will be drawn. Drawings will be held during the months of October 2007 through June 2008. For tickets contact any member of the District Lodge or Loukia (Lucia) Kazakos, PDG at 860-257-4257. Thank you to those who purchased tickets to support the Daughters of Penelope. October winners:
\$75- DOP Chapter, Norfolk, VA
\$25- Canelo Bartis, Middletown, RI

In Memoriam

Brother Costa "Dino" Patsouris and Peter Topalis of the Norwich Chapter #110. Brother Angelo Karakostas of the Danbury Chapter #90 passed away on November 2, 2007.

Our condolences to **Sister Jenny Zissis** of New Britain in the loss of her husband Charlie.

May their Memory be Eternal

Τά νέα

Congratulations to Cynthia Booth Lord, daughter of Brother *Bob and Kaye Booth* of Bozrah and Norwich #110. Cynthia was recently named the President-Elect of the American Academy of Physician Assistants. She will become the National President of the 40,000 member organization at the Annual Meeting in 2008.

She is a graduate of the University of Connecticut with a BS in Medical Technology and Biology. She earned her Physicians Assistant degree from the Yale University Physician Assistant Program and has a Masters of Health Science Medical Laboratory Science from Quinnipiac. She lives in Cheshire with her husband and two sons.

Get Well Soon to Ahepan Bob Booth and Kim Hominski, daughter of Joe and Helen! *Περαστικά*

Congratulations to **Ellen and George Anagnostos, Newport 245** on the recent birth of their fifth grandchild. Να μας ζήσει!

DAUGHTERS Chapter #76 Priam Meriden

At the October meeting we celebrated President Artemis Nemphos' birthday (no age given) with a cake and candles.

Congratulations to Sister Mary Petrus, whose daughter Christina got engaged and plans to be married in 2008. We wish her the best.

Our sisters planned a pancake breakfast on Sunday October 14th at the St. George Church in New Britain to benefit the church and other charities.

Sister Maria Theodoratos just returned from Rhodes, Greece. Great sun tan Maria.

Artemis Nemphos, Mary Petrus, Eva Kokis and Helen Ladas along with the brother Ahepans, Gregory Ladas and Michael Michael attended the Wildwood weekend in New Jersey on September 28-30, 2007. They also were joined by District Governor Helene Moran and members of the Bridgeport Daughters and Ahepa

chapters. The weekend is sponsored by the Wildwood, NJ Ahepans every year. It was a fantastic weekend with plenty of food, dancing and good fun.

The Meriden Ahepans and Daughters attended the District #7 Fall Conference which was held in New Britain, CT on October 21, 2007.

Congratulations to Brother John and Sister Pat Pappas on their anniversary. Brother Val and Sister Lillian Tella also celebrated their anniversary in October.

Ask the IT expert Computer Viruses

A computer virus is malicious code designed to spread by attaching copies of itself to other programs. Infected programs look for uninfected ones to attach the virus and so the infection spreads. A virus can spread through a network, including the Internet, or by sharing disks. Computer viruses can damage the computer by damaging programs, deleting files, or reformatting the hard disk. Others are designed to just be an annoyance; they simply replicate themselves and make their presence known by presenting text, video, or audio messages. Even these benign viruses create problems because they take up computer memory used by legitimate programs. As a result, they often cause erratic behavior and can result in system crashes. In addition, many viruses are bug-ridden, and these bugs may lead to system crashes and data loss.

To protect your computer make sure you keep your antivirus and antispyware software up to date with the latest malware definitions. This is critical for protecting you from new malware. You should also install all of your operating system updates and security releases. Many trusted well known companies such as Symantec and McAfee, sell Internet security suites that provide protection against all different types of malware as well as spam filtering. For 2008 PC Magazine gave "Norton Internet Security Suite 2008" its Editor's Choice Award. Home users can download free antivirus and antispyware software from the following website:
<http://free.grisoft.com/doc/5390/us/frt/0>.

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**Next Yankee News
Deadline is:
February 1, 2008**



Daughters District Governor Helene Moran presides at the Fall Conference in New Britain (standing); L-R: Grand Gov. Helen Satire, Dist. Lt. Gov. Mary Petrus, and Donna Rados, PDG.



*Happy
Thanksgiving!*



L-R: Daughters District Governor Helene Moran, Grand Governor Zone III Helen Santire, and Past District Governor Donna Rados.

Καλά
Χριστούγεννα

